

**Total Work Time: 20 minutes**

**Complete Menu Time: 30 minutes**

## Prep and Cooking Sequence

- Take out all ingredients.
- Go to rice recipe.
- Go to beef recipe.
- Go back to rice.
- Go back to beef.

## Freezer Takeout

*The beef can be doubled and frozen. The double amounts are listed in **bold italic** in the recipe.*

*Before you serve the meat, set half of it aside to put in the freezer. Freeze in individual portions.*

### Make Dinnertime a Family Event

Create quality time at the table by **making it a rule that no electronic devices are allowed at the table**. Close out the world and create your own private and sacred place for your family. If everyone is focused on each other, you'll have an amazing dinnertime experience.

## Shopping List for Beef with Peppers and Onions Menu

### Produce

- 5-6 cloves garlic (*9-10*)
- 1 medium onion (*2*)
- 2 large bell peppers (any color) (*4*)
- small bunch of thyme (*large bunch*)

### Meat

- 1 pound ground beef (*2 pounds*)

### Grocery

- 4 tablespoons extra virgin olive oil (*5 tablespoons*)
- salt
- 2/3 cup long grain rice
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 cup frozen peas

### Specific Utensils Needed

- small empty glass jar with lid (1 cup capacity)

## Rice and Peas

Work time: 8 minutes

Cook time: 20 minutes

Yield: 3 cups

### Ingredients

- 2/3 cup long grain rice
- 1/2 teaspoon salt
- 3 tablespoons extra virgin olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 garlic clove
- 1 cup frozen peas

### Let's Cook

- Put 1 1/2 cups water in pot.
- Add rice.
- Add 1/4 teaspoon salt and mix.

- Bring to a boil and stir again.
- Lower to a simmer and cover.
- Set timer for 20 minutes.

Go back to prep and cooking sequence

- Measure oil into glass jar.
- Add vinegar.
- Add 1/4 teaspoon salt.
- Add mustard.
- With the flat side of your knife smash garlic, remove the skin, and add it to the jar.
- Shake the jar vigorously until the dressing is well mixed. It's okay if the garlic breaks apart.
- Measure peas and set aside.

Go back to prep and cooking sequence

- After 20 minutes, taste a few grains of rice; then use a fork to make a hole in the center of the rice. Rice is done if the grains are soft and the water has been absorbed. (If the rice is soft, and there is some water remaining in the pot, turn the heat to high and cook a few minutes until water has evaporated. If the rice is still hard, and the water is gone, add 1/4 cup water and cook, covered, five minutes longer.)
- Add peas to hot rice and mix. The peas will thaw with the heat.
- Shake dressing. Pour it through a strainer on top of the rice. The strainer will catch the garlic. Mix well with a fork.
- Serve hot or room temperature.

# Freezer Takeout

## Beef with Peppers and Onions

Work time: 12 minutes (*20 minutes*)

Cook time: 15 minutes (*15 minutes*)

Yield: 5 cups (*9 cups*)

### Ingredients

- 4-6 cloves garlic (*8-10*)
- 1 medium onion (*2*)
- 2 large bell peppers (any color) (*4*)
- small bunch of thyme (*large bunch*)
- 1 tablespoons extra virgin olive oil (*2 tablespoons*)
- 1 pound ground beef (*2 pounds*)
- 1 teaspoon salt (*1¼ teaspoons*)

### Let's Cook

- Cut garlic into small pieces-you need 2 tablespoons. (*4 tablespoons*)
- Cut onion into medium pieces-you need 1 cup. (*2 cups*)
- Cut bell peppers into medium pieces.
- Cut thyme into very small pieces-you need 1 tablespoon. (*2 tablespoons*)
  
- Heat oil on high
- Add garlic and cook until garlic has a rich gold color. Watch the garlic so it does not burn.
- When garlic is golden add thyme and mix.
- Add meat. Use a fork to break the meat up into small pieces.
- Add onion, peppers and salt.
  
- Mix well, lower heat to medium, cover and cook. Do not add water. Stir occasionally. If vegetables start to brown before they are cooked lower heat.

Go back to prep and cooking sequence

- Taste the vegetables. Cook until the meat is no longer pink and the vegetables are the texture you prefer, firm or soft. (*When you double, the vegetables will release a lot of liquid. If the mixture is too moist just uncover and boil it for a few minutes to evaporate the liquid.*)
- Serve hot.



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